

Wed Sep 9	1:15pm – 2:30pm 5:30pm – 6:45pm	⊕ Therapeutic Yoga 📄 ⊕ From Full Mind to Mindful 📄
Thu Sep 10	7:00pm – 8:15pm	⊕ NIA 📄
Fri Sep 11	12:00pm – 1:00pm	⊕ Therapeutic Yoga 📄
Sat Sep 12	9:15am – 10:25am	⊕ NIA 📄
Sun Sep 13	10:00am – 11:15am	⊕ Community Yoga & Meditation PWYC 📄
Mon Sep 14	5:30pm – 6:45pm	⊕ Gentle Yoga 📄
Tue Sep 15	9:15am – 10:30am 5:30pm – 6:45pm	⊕ Yoga Basics 📄 ⊕ FREE Info Session: Psychology of Meditation
Wed Sep 16	1:15pm – 2:30pm 5:30pm – 6:45pm	⊕ Therapeutic Yoga 📄 ⊕ From Full Mind to Mindful 📄
Thu Sep 17	7:00pm – 8:15pm	⊕ NIA 📄
Fri Sep 18	12:00pm – 1:00pm	⊕ Therapeutic Yoga 📄
Sat Sep 19	9:15am – 10:25am	⊕ NIA 📄
Sun Sep 20	10:00am – 11:15am	⊕ Community Yoga & Meditation PWYC 📄
Mon Sep 21	5:30pm – 6:45pm	⊕ Gentle Yoga 📄
Tue Sep 22	9:15am – 10:30am 5:30pm – 6:45pm	⊕ Yoga Basics 📄 ⊕ ! DIY Practice: You Can Do It, Too! with Erin Byron
Wed Sep 23	1:15pm – 2:30pm 5:30pm – 6:45pm	⊕ Therapeutic Yoga 📄 ⊕ From Full Mind to Mindful 📄